Conditions We Treat
Connective Tissue Release has been successful in treating:

- Headaches
- Neck Pain
- Back Pain
- Extremity Pain/Numbness
- Hip/Shoulder Pain
- Pre-operative prep
- Faster healing from Post-op procedures
- Post Operative Pain and Loss of Motion/Function from (but not limited to):
  - Hip Replacement
  - Shoulder Replacement
  - Knee Replacement
  - Spine Surgery
- Sciatic Pain
- Foot Pain
- Hand Pain
- Carpal Tunnel
- Insomnia
- Pain/Discomfort from chemo/radiation treatments

Our Mission Statement
To provide the very best care for all of our patients using our extensive knowledge, experience and skills. We are committed to our patients and believe teaching self-treatment techniques and lifestyle modifications are essential in their healing journey.

Contact Us
For additional information, please call us at 813-914-8500 or visit our website at www.cobbrehabwellness.com

We are just minutes from the USF main campus, walking distance from Busch Gardens, across from Mel’s Hot Dogs.
You can’t miss us. Just look for our digital sign or ‘the mural’.

4205 E. Busch Blvd Tampa 33617

Cobb Rehab & Wellness has been actively treating patients with Connective Tissue Release since 2014!

March 2018. Breaking healthcare news:
In a new study published in the journal *Scientific Reports*, researchers from New York University’s School of Medicine say they have found a new organ ... scientists found, it is under our skin and between our organs. Understanding it may eventually help treat disease and ease pain.

View the entire article at: https://news.nationalgeographic.com/2018/03/interstitial-fluid-cells-organ-found-cancer-spd/
What is Connective Tissue?

Connective Tissue is a combination of collagen and elastin that runs throughout your body, uninterrupted from head to foot. It surrounds EVERY cell and continues in the interstitium, the space between cells.

Why is Connective Tissue So Important?

Connective tissue acts as a shock absorber within the body. This protects vital organs during times of stress i.e. falling down, impacts from sports or car crashes. During times of increased stress, connective tissue will tighten up to protect you.

Why is Connective Tissue Release So Important?

Connective Tissue protects the whole person and stabilizes an area of injury. Injury to your body is cumulative. This is why the young heal better and faster than the old. Our bodies are filled with the residue of a lifetime of trauma. It begins at birth. Being born is a very traumatic experience and although we may not remember it, it is recorded in our connective tissue and subconscious mind. This includes all trauma that our bodies experience throughout our lifetime.

Specialized Training

Dr. Cobb and all of our therapists combined have undergone over 500 hours of extensive training in Connective Tissue Release and continue to participate in coursework to improve their understanding, skills and techniques to offer this unique therapy for our patients.

What to Expect During Your First Treatment

- Please bring comfortable gym pants and t-shirt to change into for your treatment sessions. Ladies will often wear sports bras.
- Allow additional time for the first visit to complete patient paperwork.
- You will be given a physical exam.
- Your chief complaint combined with your body’s physical distortions will be assessed by the doctor or a trained therapist.
- Upon assessment, treatment will begin. The therapist will begin by applying moderate pressure to the area of concern and will continue to read and follow your body through a series of releases.
- You may experience tolerable pain during treatment, however, any pain should be communicated to the therapist so pressure can be adjusted. Oftentimes, less is more.
- During your last few visits you will be taught self-treatment techniques and lifestyle modifications in order to assist you in your healing journey.
- There is no magic number to how many treatments it takes. Your body will let you know. Typically, after about 3 treatments is when most patients will feel significant progress. Every body will respond individually to treatment. We provide all patients with his/her individual treatment plan.

If you have additional questions, please call us to speak with a therapist.

813-914-8500